

Major Health Awareness Days in 2021

February	
All February	Ovarian Cancer Awareness Month
All February	FebFast
All February	REDFEB Heart Research Month
4 February	World Cancer Day
14 February	Wear Red Day
18 February	International Asperger's Day
26 February	Teal Ribbon Day (ovarian cancer)
28 February	Rare Disease Day
March	
All March	Melanoma March
1 March	World Compliment Day
1-7 March	Hearing Awareness Week
2 March	Clean Up Australia Day for Businesses
3 March	World Hearing Day
7 March	Clean Up Australia Day
7-13 March	World Glaucoma Week
8 March	International Women's Day
8-14 March	World Salt Awareness Week
10-14 March	World's Greatest Shave (leukemia)
11 March	World Kidney Day
13-20 March	Coeliac Awareness Week
14-20 March	Sleep Awareness Week
15-21 March	Brain Awareness Week
19 March	World Sleep Day
19 March	National Day of Action against Bullying and Violence
20 March	International Day of Happiness
20 March	World Oral Health Day
21 March	World Down Syndrome Day
22-28 March TBC	Kidney Health Week (not determined yet)
26 March	Purple Day for Epilepsy

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April	
All April	Go Blue for Autism
1 April	Be Alarmed - change your smoke alarm battery
2 April	World Autism Awareness Day
7 April	World Health Day
11 April	World Parkinson's Day
15-21 April	World Creativity and Innovation Week
17 April	World Haemophilia Day
22 April	World Mother Earth Day
24-30 April	World Immunisation Week (link to be updated Feb 2021)
26-30 April	Patient Experience Week
28 April	World Day for Safety and Health at Work
28 April	Pay It Forward Day
May	
All May	Mindful in May
All May	65 Roses (cystic fibrosis)
All May	Crohn's and Colitis Awareness Month
All May	Macula Month
All May	Thyroid Awareness Month
All May	Eczema Awareness Month
2-8 May TBC	National Heart Week date not yet finalised
5 May	World Hand Hygiene Day
5 May	World Asthma Day
6 May	International No Diet Day
8 May	World Ovarian Cancer Day
8 May	World Red Cross Day
10 May	World Lupus Day
12 May	International Awareness Day Chronic Immunological and Neurological Diseases (CIND)
15 May	International Day of Families
17 May	World Hypertension Day
17-23 May	National Volunteer Week
19 May	World IBD Day (Crohns and colitis)

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May (continued)	
23-29 May	Food Allergy Awareness Week
23-29 May	Schizophrenia Awareness Week
24 May	World Schizophrenia Awareness Day
25 May	World Thyroid Day
27 May	Australia's Biggest Morning Tea
29 May	Wear White at Work Day (suicide & mental illness)
30 May	World MS Day
31 May	World No Tobacco Day
June	
All June	Bowel Cancer Awareness Month
All June	National Burns Awareness Month
13-19 June	National Blood Donor Week
14 June	World Blood Donor Day
14-20 June	Men's Health Week
16 June	Red Apple Day
21 June	International Day of Yoga
July	
All July	Dry July
All July	JulEYE
10-17 July	National Diabetes Week
24 July	Stress Down Day
25 July-1 August	Donate Life Week
26 July-1 August	National Pain Week
August	
All August	Tradies National Health Month
2-8 August	National Stroke Week
2-8 August	Dental Health Week
6 August	Jeans for Genes Day
13 August	Left Handers Day
13 August	Red Nose Day
27 August	Daffodil Day (Cancer Council)

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September	
All September	International Prostate Cancer Awareness Month
1 September	Gold Bow Day
3 September	Walk to Work Day
6-10 September	Women's Health Week
9 September	R U OK? Day
10 September	World Suicide Prevention Day
11 September	World First Aid Day
20-24 September	Headache and Migraine Week
22 September	World Car-free Day
29 September	World Heart Day
October	
All October	National Safe Work Australia Month
All October	Mental Health Month
All October	Breast Cancer Awareness Month (Pink Ribbon)
All October	Walktober
All October	Shoctober (defibrillator awareness)
All October	Polio Awareness Month
1-7 October	Borderline Personality Disorder Awareness Week
1 October	World Smile Day
10 October	World Mental Health Day
10-16 October	Carers Week
10-16 October TBC	National Nutrition Week (MID OCTOBER, not finalised)
10-18 October TBC	Mental Health Week date not finalised
11-17 October TBC	Foot Health Week not yet finalised
14 October	World Sight Day
14 October	World Skin Health Day
15 October	Global Handwashing Day
18-24 October	Sock it to Suicide Week
20 October	World Osteoporosis Day
20 October	Ride to Work Day provisionally October 20, depending on COVID restrictions
24 October	World Polio Day

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November	
All November	Movember: Changing the Face of Men's Health
13 November	World Kindness Day
13-20 November	Australian Food Safety Week
14 November	World Diabetes Day
14-20 November	National Skin Cancer Action Week
19 November	International Men's Day
20 November	White Ribbon Day
December	
All December	Decembeard (bowel cancer)
1 December	World AIDS Day
3 December	International Day of Persons with Disabilities
5 December	International Volunteer Day

ABOUT HEALTHWORKS

We're a boutique corporate health provider. This means we have the agility and adaptability to focus on your needs for your organisation and your employees.

We don't do one-size-fits all formulas. Rather, we have a best practice selection of proven services and products which we can customise to fit your budget.

We pride ourselves on having the best customer service in the industry. We provide personalised support and advice to all our clients, whether you're doing a full Wellness Program or just adding some of our services or publications to your existing program.

At the same time, we are large enough to service major corporations in multiple locations. Our clients are spread across Australia – and the world – our services and products are used by employees all over the globe.

OUR PASSION

We are an energetic, passionate team of people, who believe wholeheartedly in the benefits of health and wellness at work.

As an organisation we are driven to improve the health of Australians through excellence in workplace health solutions. This vision is as strong as ever, and is shared by the whole Healthworks team.

We've all seen, and are inspired by, the powerful effects that even the most basic health improvements can have on someone's life.